

10 Week Workout Programme

WEEK 1

DAY	WORKOUT
Monday	PT Pre Phase
Tuesday	Get Moving Cardio
Wednesday	Pilates Pre Phase
Thursday	Get Moving one
Friday	Introduction to Yoga
Saturday	Cardio Starter
Sunday	Rest Day

WEEK 2

DAY	WORKOUT
Monday	PT Pre Phase
Tuesday	Get Moving Cardio
Wednesday	Pilates Pre Phase
Thursday	Get Moving one
Friday	Introduction to Yoga
Saturday	Cardio Starter
Sunday	Rest Day

WEEK 3

DAY	WORKOUT
Monday	Get Moving Two
Tuesday	Cardio Express
Wednesday	Pilates Phase one
Thursday	Get Moving two
Friday	Progressive Yoga
Saturday	Get moving cardio
Sunday	Rest Day

WEEK 4

DAY	WORKOUT
Monday	Get Moving Two
Tuesday	Complete Cardio
Wednesday	Pilates Phase one
Thursday	PT Phase one
Friday	Progressive Yoga
Saturday	Cardio Express
Sunday	Rest Day

WEEK 5

DAY	WORKOUT
Monday	PT Phase One
Tuesday	Cardio Pilates Starter
Wednesday	Pilates Phase two
Thursday	PT Phase One
Friday	Restorative Yoga
Saturday	Complete Cardio
Sunday	Rest Day

WEEK 6

DAY	WORKOUT
Monday	PT Two
Tuesday	Tabata Cardio
Wednesday	Pilates Phase two
Thursday	PT Two
Friday	Yoga Flow
Saturday	Cardio Pilates Starter
Sunday	Rest Day

WEEK 7

DAY	WORKOUT
Monday	PT Two
Tuesday	Cardio Combos
Wednesday	Pilates Phase 3
Thursday	PT Three
Friday	Yoga Flow
Saturday	Tabata Cardio
Sunday	Rest Day

WEEK 8

DAY	WORKOUT
Monday	PT Three
Tuesday	Cardio Pilates
Wednesday	Pilates Phase 3
Thursday	PT Three
Friday	Yoga Shower
Saturday	Cardio Combos
Sunday	Rest Day

WEEK 9

DAY	WORKOUT
Monday	PT Four Upper Body
Tuesday	Cardio Pilates
Wednesday	Pilates Phase Four
Thursday	PT Four Lower Body
Friday	Yoga Shower
Saturday	Interval Cardio
Sunday	Rest Day

WEEK 10

DAY	WORKOUT
Monday	PT Four Upper Body
Tuesday	Interval Cardio
Wednesday	Pilates Phase Four
Thursday	PT Four Lower Body
Friday	Restorative Yoga
Saturday	Tabata Cardio
Sunday	Rest Day